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# Halifax metr



Your essential daily news | TUESDAY, JUNE 23, 2015

High 17°C/Low 12°C Mainly sunny



**Matt Whitman**



**Darren Fisher**



**Waye Mason**



**Jennifer Watts**

## MOST TWEETS

# #counciltweets

### Which councillors are winning at social media?

PAGE 6

## FEWEST TWEETS

**Gloria McCluskey**



**Reg Rankin**



**Bill Karsten**



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## FAST FOOD

# Man claims metal object in his burger



A good burger should have some crunch.

But on June 11, when Marty Robar said he got a burger from Dairy Queen in Tantallon, it wasn't just fresh onions and lettuce.

"I was into my second bite of that hamburger and I felt something hit my teeth on the right side," he said Monday.

"I pulled back and looked and there was this piece of metal glinting out of the corner of the hamburger."

Robar said he was kind of "shell-shocked" and didn't recognize the object at first, but his wife immediately thought it was a staple.

"I'm an upholsterer — I should know a staple when I see it," he said.

"You can actually see the two indentations in it where it got bent at some point."

He went right back to the res-



Marty Robar says he found this metal object in his food on a recent trip to Dairy Queen. CONTRIBUTED

taurant, showed the employees, and asked them to have the manager or franchise owner call him.

No one called, so he went back and told the staff again.

On Sunday, he still hadn't heard anything, and Robar decided to go public.

He shared his photos on Facebook, hoping to get the attention of the restaurant manager, even tagging area councillor Matt Whitman to extend his reach.

The manager reached out to him then, and they spoke on the phone Monday morning.

The two are going to sit down at the restaurant Friday to talk more.

"Apparently he's going to buy me lunch," Robar said with a laugh. "I'm not sure what I'll have there."

Robar — who used to work at a Dairy Queen himself — isn't looking for anything from the restaurant, "other than for them to be a hell of a lot more accountable for the products they use."

A call to the store manager for comment was unanswered late Monday.

# Donairs coming to city's 'pizza corner'

JOHNNY K'S

## Owner wants to make them by hand, with local products

Peter Nahas is a donair purist.

"We're losing our official food of Nova Scotia," he said Monday.

Nahas, who runs the Mezza Lebanese Restaurant Group with his brother Tony, says it's been over a decade since donairs were made properly, the way his father did when he bought Tony's Donair in the Halifax Shopping Centre in 1990.

"That means doing it in house, doing it by hand, using local products, and local beef and local chicken, and building it from scratch and not from a factory," he said.

That's what he plans to do at Johnny K's Authentic Donairs.

He's opening up the new shop on pizza corner with his brother and their friend, Marcel Khoury, in mid-July. They'll sell donairs, Turkish doner kebabs and Greek gyros, and they'll do it old school. Nahas says those accustomed to the debased donair of today won't find the taste much different — just better.

"It's like having a McDonald's burger, and having a burger made with local beef and made



Peter Nahas, one of the owners of Johnny K's, poses for a photo at the pizza corner establishment on Monday. JEFF HARPER/METRO

“I think everybody kind of forgot ... what a donair should taste like.”

Peter Nahas

from scratch," he said.

"Are they both burgers? Absolutely, but there's no comparison."

The name Johnny K's even pays homage to the originator of the donair, John Kamoulakos,

who owns the building, and started European Food Shop in 1987.

Nahas and his brother came up with the idea with Khoury — who owns the Alehouse and HFX Sports Bar — and jumped on the opportunity when European Food Shop closed its doors in April. As for how the new shop will fit in on pizza corner, Nahas isn't worried that pizza won't be on Johnny K's menu.

"Donairs and pizza always went hand in hand at pizza corner," he said.

Sicilian across the street still

sells pizza, and Nahas expects them to continue to. As for Yeh! — the frozen yogurt chain that moved into the old King of Donair location — Nahas says he hates to bash the fro-yo craze, but says it "doesn't really fit."

"Donairs definitely do," he said.

But Nahas sees no need for a name change, and is proud to open up shop at the downtown fixture.

"To me that place means just as much as Citadel Hill does. It's an iconic spot in Halifax."

ZANE WOODFORD/METRO

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– Linda Jacobs, The Hamilton Spectator, Ontario

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– Ralph M Capito, Yalaha, Florida

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ESTONIA: Club Piruett

FRANCE: Paris Police Gymnastics Team and Motorcycle Team

GERMANY: Heeresmusikkorps Ulm, Gym Wheel Team Taunusstein, Bicycle Team

NORWAY: His Majesty the King's Guard Band and Drill Team

OMAN: The Royal Army of Oman Pipes and Drums

SWEDEN: Home Guard Band of Eslöv

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HALIFAX



# New playground will be built in DeWolf Park

## SAFETY

### Current structure not up to standard: Councillor



**Stephanie Taylor**  
Metro | Halifax

Listen up, parents and kids; a new playground is coming to DeWolf Park in Bedford this fall.

Halifax Regional Municipality recently issued a tender for the design and installation of new playground equipment for the site, which is located along the Bedford Waterfront.

"It's aging and it doesn't meet today's standards for design, safety or accessibility," Coun. Tim Outhit said Monday of the current play structure along Waterfront Drive.

The District 16 Bedford-

Wentworth representative said many parents and caregivers have voiced concerns about the fact that the decade-old wooden play structure lacks visibility needed to properly supervise children.

The blue rubber matting underneath the structure is deteriorating as well, Outhit added.

The playground also features a wobbly bridge, plus chain link wooden stairs and a vertical stack of tires for children to climb.

"What people want (in a playground) is today's sort of modern design," Outhit said.

Called the Haida Ship playground, the structure is reportedly a loose replica of HMCS Haida.

Outhit said new equipment should keep with that oceanic theme.

"Something nautical to keep in with the history of the park and the area, but something that meets today's standards for safety and visibility."

The cost for the playground replacement was approved in the 2015-16 municipal budget for an amount of \$375,000 and was included within a detailed work plan for improving numerous park spaces around Halifax Regional Municipality.



**MORE LOCAL NEWS**  
AT [metronews.ca](http://metronews.ca)



The playground in DeWolf Park in Bedford on Monday. JEFF HARPER/METRO

## FEEDBACK

### Citizen survey results released

The city released the 2014 results of its bi-annual citizen satisfaction survey on Monday.

The survey, designed to gather feedback on what concerns plague residents, revealed that transportation, taxes and employment rates continue to be the top three issues that matter to Haligonians.

Other highlights include that nearly 60 per cent of people surveyed answered they agreed the municipality was moving in the right direction towards developing a strong quality of life for residents.

"This survey provides valuable insights, directly from citizens, that we can use to make better informed decisions," Mayor Mike Savage said in a release circulated Monday.

"Council is committed to finding new and more effective ways to inform and engage citizens in the municipal decision making process."

Of the 12,000 household randomly selected for the survey sample, the city says 592 people responded. Results also featured answers from 1,086 respondents who completed the survey online. METRO

# 4.9%

The percentage of people who completed the survey mailed to them.

## + BACKGROUND

Coun. Tim Outhit said he's asked that construction of a new playground be put on hold until the fall, so as not to interrupt with the park's busy summer schedule, which includes the upcoming Bedford Days festival.



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## REDECKING

### Shuttle service over Macdonald Bridge begins this weekend

Cyclists and pedestrians used to crossing over the Macdonald Bridge will have to find a new route for the next year and a half.

Halifax Harbour Bridges say they will be closing the pedestrian and bike lanes on the bridge Sunday to move ahead on the next stages of bridge renovations as a part of the Big Lift project.

Those on foot, or who use two wheels, can take advantage of a free 24-hour shuttle service being offered by the bridge commission, which begins this Sunday.

The commission says three 17-passenger buses will be able to accommodate wheelchairs and scooters, and will be able to pull a bike trailer that can hold 12 bikes.

There will be a pick-up and



The Macdonald Bridge is set to undergo redecking. METRO FILE

drop-off location in Dartmouth at 30 Faulkner St., as well as in Halifax at North Street near Göttingen Street.

Shuttles will operate during peak hours between 5:30 a.m.

to 9:30 a.m. and 3:00 p.m. to 6:30 p.m., and every half hour otherwise. The shuttle will not make additional stops besides the pick-up and drop off locations, says the commission. METRO

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Forte SX AT shown\*

HWY / CITY 100KM\*: 6.1L/8.8L

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Offer includes \$2,150 lease credit. Offer based on new 2015 Forte Sedan LX MT (F0541F) with a selling price of \$15,995.\*

2015 **IIHS TOP SAFETY PICK**



Sorento SX Turbo AWD shown\*

HWY / CITY 100KM\*: 9.3L/12.3L

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WITH \$995 DOWN\*

Offer includes \$1,000 Cash Bonus.\* Offer based on new 2016 Sorento LX FWD (SR75AG) with a selling price of \$27,495.\*



Sportage SX Luxury shown\*

HWY / CITY 100KM\*: 8.3L/11.4L

2015 **SPORTAGE**  
LX MT FWD

That's like  
paying only

\$52  
WEEKLY\*

LEASE FROM \$225<sup>1</sup> MONTHLY AT 0.9% APR FOR 60 MONTHS  
WITH \$0 DOWN\*

Offer includes \$800 lease credit. Offer based on new 2015 Sportage LX MT FWD (SP551F) with a selling price of \$22,995.\*

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2015 **RIO**  
CLEAROUT!

Rio4 SX with Navigation shown\*  
HWY / CITY 100KM\*: 6.3L/8.8L



CASH PURCHASE \$10,425\*\*  
PRICE FROM

INCLUDES A \$3,670\*\*  
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Offer excludes delivery, destination, fees and includes \$3,670  
in cash credit. Offer based on new 2015 Rio LX MT (R0541F)  
with a selling price of \$14,095.\*\*



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# Council social on social media

## TWITTER

### Tool allows city reps to connect with constituents



**Stephanie Taylor**  
Metro | Halifax

Since the advent of Twitter, knowing the who's who in municipal politics and what's happening in your own district has perhaps never been easier. From snapping pics at com-

munity barbecues and award ceremonies to calling out the need for infrastructure repairs (not to mention the occasional selfie), some councillors have taken to tweeting out their daily activities.

Undoubtedly, doing so gives constituents a glimpse into how elected officials spend their time, and even confidence in their capabilities as neighbourhood representatives.

But don't be fooled: Twitter also helps our councillors grow their personal brands.

Brand-building is the first step in polishing a reputation and, according to a local social



**If you want to connect with your constituents of a younger age, you have to be (on Twitter) to do it.**

Anita Hovey, Twirp Communications

media strategist, it's made easier by the instant-communication power of social media.

"People get to know what you stand for very quickly if you're using Twitter," Anita Hovey, of Twirp Communications says.

Of all the social-media platforms, Twitter is the one most used to share unfiltered thoughts and opinions.

Hovey, who is Halifax-based,

explains that a personal brand is built out of what you say or — when it comes to social media — what you share, for better or worse.

"You can't just put out a flyer and say, 'This is what I stand for. This is how I'm going to represent my district,'" Hovey says. "People actually get to see what you're posting on a daily basis and how you interact with

constituents."

Coun. Matt Whitman, who jokingly calls himself a "new barometer" to gauge social-media savvy amongst Halifax councillors, says he's also an example of what not to do.

Upon being elected in 2012, he says, he was met with some criticism when he decided to block followers who directed negative comments, even insults, his way.

Unfortunately, Hovey says, public figures, particularly politicians, don't have the luxury of shutting out naysayers online.

Whitman says that connecting with residents remains

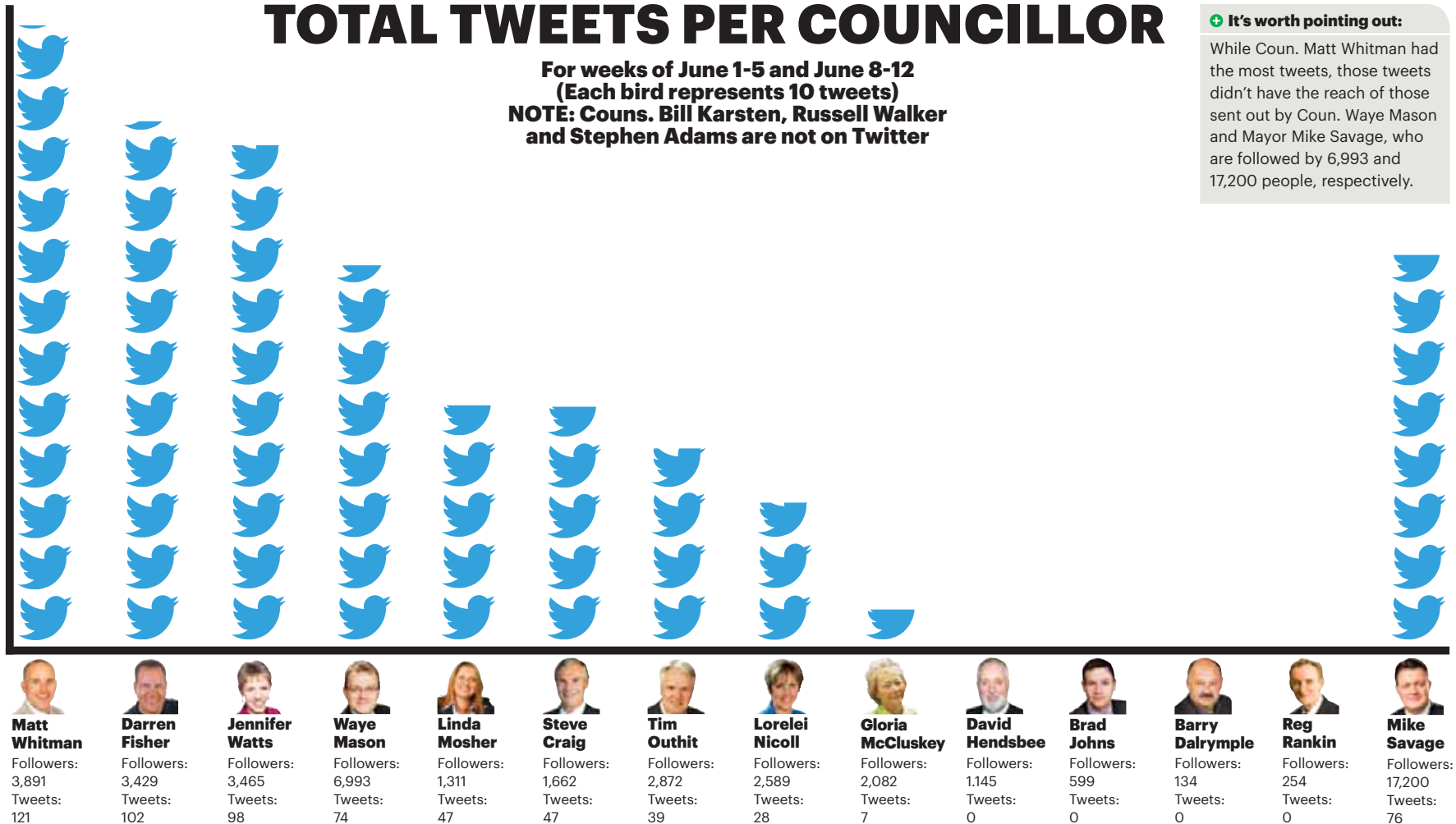
the reason he keeps such an active Twitter account, explaining that it gives him a voice and visibility in the community that he otherwise could not achieve.

He also agrees with Hovey in crediting his becoming a first-time councillor in part to his prevalence on social media, which gave voters a sense of who he was and insight into his potential as a leader before they headed to the polls.

"Not only did it help me get elected, it helps me say super-connected and have maximum impact most effectively in between elections," Whitman says.

## TOTAL TWEETS PER COUNCILLOR

For weeks of June 1-5 and June 8-12  
(Each bird represents 10 tweets)  
**NOTE: Couns. Bill Karsten, Russell Walker and Stephen Adams are not on Twitter**



### It's worth pointing out:

While Coun. Matt Whitman had the most tweets, those tweets didn't have the reach of those sent out by Coun. Wayne Mason and Mayor Mike Savage, who are followed by 6,993 and 17,200 people, respectively.

## Not everyone is atwitter over Twitter

For the all the talk of how many Halifax's councillors have taken to Twitter, there are a few that eschew the practice almost entirely.

Long-time Dartmouth councillor Gloria McCluskey uses her Twitter account mostly as tool to search out the daily news. She says traditional phone calls are still the pri-

mary way residents get in touch.

"I'm not a councillor who goes out and takes a picture of everything I do," she says. When pressed as to why not, she responds "because," followed by a chuckle.

"Who cares?" It's safe to say that Coun. Stephen Adams feels equally

ambivalent.

He also admits, with some embarrassment that he's still figuring out how social media works.

Still, he runs a Twitter account to keep track of a junior hockey league in Spryfield and keeps a Facebook profile, but the thought of creating a personal Twit-

ter account for residents to follow isn't exactly his cup of tea.

"These things take on a mind of their own," he says, explaining that posting content online initiates conversations that can be very quickly derailed into rants or unproductive commentary.

STEPHANIE TAYLOR/METRO

## Yes, he is the mayor

Mayor Mike Savage and one of his assistants manage the Twitter account for the Office of the Mayor, but Savage authorizes all the content before it's posted.

"Anything that comes from my account reflects my views," he says.

He says the basic reason for having an account is that "it lets people have an idea of what I do

in the job." He says he's heard that residents appreciate seeing a lighter side to municipal politics.

"The good thing about Twitter is that you get people's immediate unvarnished opinion. The bad thing is the same," he says. "So you try to figure out what the best way is to make it work." STEPHANIE TAYLOR/METRO

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# The science behind split-second decisions

DALHOUSIE

## More than 50 researchers land grants



**Haley Ryan**  
Metro | Halifax

When it comes to switching lanes on a busy highway, turning off a kettle without burning your hand or just playing a game, we all have to make instant decisions where the wrong one could be painful.

Dr. Heather Neyedli, assistant professor in the School of Health and Human Performance at Dalhousie University, is one of 54 researchers from the school who received funds from the Natural Sciences and Engineering Research Council's (NSERC) Discovery Grants Program on Monday. She has been awarded \$28,000 to focus on "The Dynamic Processes Underlying Decision-Making Under Time Pressure."

"The idea of visual-motor decisions is the ability to sort of account for those positive and negative outcomes," Neyedli said. "Thinking about how you can achieve a goal while avoiding some of the negative outcomes."

The funding will go to hire graduate students and research assistants, as well as pay for the experiments with participants in a lab, Neyedli said, where people



**Dr. Heather Neyedli, an assistant professor at Dalhousie who recently received a grant, said the visual-motor decisions she'll be researching come into play in the popular Fruit Ninja game, pictured.** JEFF HARPER/METRO

use touch-screens to try to hit different shapes while gaining or losing points.

"They have to be able to perceive what's in the environment, associate that with a positive or negative reward and then plan an action that makes the most of the area," she said.

Neyedli said the popular Fruit Ninja game, where phone or tablet users swipe fruits with their finger while avoiding bombs flying across the screen, is the closest analogue.

"That's essentially what we

do, but in a slightly more controlled setting than Fruit Ninja," Neyedli said with a laugh.

Regarding the applications of her research, Neyedli said it could provide people with more visual information when making such decisions, taking away distractions or training people to make more optimal movements.

"There might be some diseases which cause movement disorders, and then trying to understand more about motor control can help us better treat those," she said.

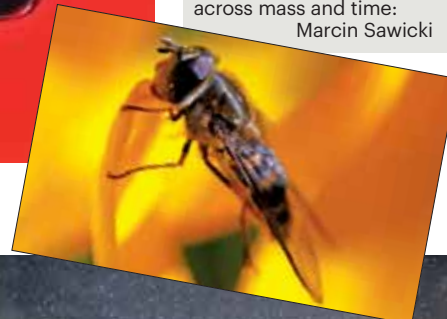
### + RECIPIENTS

#### Dalhousie University

- Insecticide-induced hormesis in insects: Gerald Cutler
- Innovative approach toward near-term reduction in carbon emission from major industrial sources of CO<sub>2</sub>: Prabir Basu
- Metal-ion rechargeable batteries: Mark Obrovac

#### Saint Mary's University

- Evolution of galaxies across mass and time: Marcin Sawicki



**Dalhousie's Gerald Cutler was given a grant to study insecticide-induced hormesis in insects, top picture, and Marcin Sawicki of Saint Mary's will study the evolution of galaxies across mass and time.** GETTY IMAGES

### PROVINCIAL POLITICS

## Premier takes hit in survey

Nova Scotia's premier is continuing to slip in public opinion, according to a recent survey.

Stephen McNeil is sitting at a 37 per cent approval rating in the latest round of a quarterly online survey, completed by the Angus Reid Institute.

That is a six-per-cent slide since March.

Last June, McNeil and his Liberal government were recorded at a 66 per cent approval rating.

Survey results were compiled by answers from more than 6,000 Canadians in a randomized sample of people between mid-May to the beginning of June, with a margin of error of 1.2 per cent.

Recently, a survey by Halifax-based Corporate Research Associate Inc. revealed the Liberal government is losing support to the provincial NDP.

Nearly half of the 800 respondents surveyed voiced support for the Liberals, down eight per cent from the last count in February, compared to a nearly 10 per cent jump in support for the NDP, from 18 to 27 per cent.

METRO



**Stephen McNeil.** METRO FILE

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NO SCHEDULED STOP IN HALIFAX THIS YEAR!





Chris Cowper-Smith, CEO of Spring Loaded Technology Inc., holds a knee brace in the production area of the firm's Burnside location earlier this year. JEFF HARPER/METRO

## 'A life-changer'

### TECHNOLOGY

## Halifax tech company wins award for bionic brace



Haley Ryan  
Metro | Halifax

Those struggling with mobility issues could soon have "wee little jets" made in Nova Scotia powering their legs.

On Monday, Spring Loaded Technology Inc. received this year's Business Development Bank of Canada (BDC) Young Entrepreneur Award for its production of the world's first bionic knee brace, which landed \$100,000 for the Halifax company.

"We love each other; the work is all very exciting for us," co-founder and chief technology officer Bob Garrish said Monday

afternoon.

While Garrish said he and co-founder Chris Cowper-Smith are happy and grateful for the extra funding — which means they can now produce eight to 10 braces a day with their new system at a more affordable price — they try to keep their emotions detached from day-to-day business events.

They've been working on the brace for nearly three years, Garrish said, and while it's been a long and time-consuming process, the prospect of changing someone's life keeps them going.

Unlike most braces, which just keep the leg straight, Garrish said with the bionic brace you could only have one functioning quadricep and be able to bend down to tie your shoes or walk down stairs, since it protects from injury or weakness while allowing full movement.

The technology is similar to what's used in fighter jet suspension, but "scaled down for adorable, little fighter jets."

"We just needed to make it a tiny fraction of the size that it was," Garrish said. "Wee little jets."

Athletes with sports injuries are part of their market, Garrish said, but the most exciting moments involve seeing those with muscular dystrophy or neurological impairments be able to finally tie their own shoes, use the washroom and become more independent.

"For a lot of these people, that's a life-changer," he said.

While high-tech exoskeleton products can cost tens of thousands of dollars, Garrish said they are hoping to release their braces to the public this fall at a price point that's like buying "a mid-range car for less than the cost of a decent bicycle."

10

The number of entrepreneurs who competed for the award.

### REPORT

## City pitches new service dog park

A dog park for service pooches in Halifax may be moving from its current home on Cogswell Street as a result of the ongoing North Park intersection re-design.

City staff are recommending that on Wednesday, Halifax West Community Council approve re-locating the off-leash site to Ardmore Park on Almon Street from its existing location on Rainnie Drive and Cogswell Street, which was slated to be

### + DETAILS

Construction of the park is expected to begin eight weeks from council's approval.

closed on Monday.

In a report going before Wednesday's council, staff say a recent public meeting revealed general support for

Ardmore Park as a new location.

The new off-leash site would consist of a fenced-in area around a horseshoe-shaped pit, about 45 feet wide and 60 feet tall, according to the report.

Staff also say a gate will be constructed and the park will feature electronic swipe card access to ensure only registered service dogs and their owners can use the park. METRO

### AMHERST

## Family of six left homeless after house fire in Amherst

A family of six has been displaced after a fire late Sunday extensively damaged an older two-storey house in Amherst.

The couple and four children, who range in age from one to 10, are staying with a relative for now. Disaster volunteers with the Canadian Red Cross provided blankets, personal-care items and comfort toys for the children, and they were due to assess other needs on Monday.

The mother and one-year-old were checked into hospital for smoke inhalation as a precaution, but there were no in-



A home destroyed by fire in Amherst. CUMBERLAND NEWS

juries in the 3 Fullerton St. fire.

A neighbouring home just a couple of metres away was also

evacuated as a precaution until the fire was put out.

CUMBERLAND NEWS

### IN BRIEF

#### Amherst residents stranded, displaced by floods

Flooding in two communities near the Nova Scotia and New Brunswick border left some residents stranded and others displaced from their homes on Monday.

Amherst fire chief Greg Jones said the department responded to a call at

around 3 a.m. after heavy rain caused a nearby brook to crest its banks and flood a local seniors' complex in the Nova Scotia community.

The power had to be shut off and 84 residents were forced to evacuate the building.

Although the floodwaters had receded from

the rest of the town by 10 a.m., Jones said it is up to the complex's property owner to determine when the residents can return.

In nearby Sackville, N.B., about 650 people were stranded due to flooding at the intersection of highways 106 and 935, and in the downtown area.

THE CANADIAN PRESS



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## CAPE BRETON

# Last piece of MV Miner wreckage removed

The final piece of the wreck of the MV Miner was removed from the coast of Cape Breton on Monday, almost four years since it ran aground.

"For the first time in a long time, Scaterie Island looks as it should," Transportation Minister Geoff MacLellan said in a statement. The 12,000-tonne, 223-metre bulk carrier was being towed from Montreal to Turkey in September 2011 to be scrapped when a tow line

broke, causing the vessel to run aground on an environmentally protected stretch of coast near Main-a-Dieu, N.S.

"If the wreck had been left to erode into the ocean, those contaminants would have permanently damaged the fragile and lucrative fishing grounds off the Scaterie coast," MacLellan said.

Similar concerns led to several failed or incomplete salvage attempts before RJ MacIsaac Construction was awarded a \$12

**For the first time in a long time, Scaterie Island looks as it should.**

Transportation Minister  
Geoff MacLellan

million contract for the ship's removal in May 2014.

The wreckage was supposed

to be gone by November 2014, but an unexpected 26,000 litres of diesel fuel and 32 tonnes of asbestos found on board prolonged the removal, MacLellan explained.

He said the final cost of the project is still being finalized.

MacLellan said he plans to approach the federal government again for financial help with the removal, something it has repeatedly refused over the past four years. THE CANADIAN PRESS



Chief Justice Pamela Williams has been vocal about mentally ill people in the system not getting enough help. JEFF HARPER/METRO

## Review: Not enough court follow-ups

## NOVA SCOTIA

### Mental health courtroom not expanding outside Halifax

#### + BUDGET

A Justice Department spokesman said the court's budget will be maintained but not increased.

An independent review says Nova Scotia's mental health court in Halifax should increase follow-up help for people who use its services to help reduce repeat offences.

The study released Monday by Prof. Mary Ann Campbell of the University of New Brunswick says people who use the court reoffend at about the same rate as a comparison group that used the traditional system.

About 31 per cent of the 22 people whose cases Campbell studied were charged with a new crime within a year of being referred to the mental health court, roughly the same as an equal number of people who were referred to the court but used the traditional justice system. Judge Pamela Williams said at times, participants in the system aren't getting the help they need.

"Some of the folks who have reoffended lost contact with services after leaving the mental health court, so we need to do as best we can ... to sustain those services so people don't become unwell," she said after the report's release.

The specialized court sets up support plans for accused persons to improve their well-being and to try and reduce their likelihood of reoffending. If participants in the system follow the plans, they can avoid jail time for their offences.

The study shows the five-year-old court puts a heavy emphasis on ensuring psychiatric care, with 42 per cent of study participants receiving medication and followup.

However, only about five per cent of the participants in the mental health court told the study's authors they were offered help with educational upgrades, employment and daily living skills. Williams said added personnel would help the court turn more people away from negative influences, whether it be alcohol abuse, drug addiction or spending time with people who lead them back into crime.

"There are many folks with mental illness who are very, very bright. ... Being able to enhance education or working are factors that really, really build people up." THE CANADIAN PRESS

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# Man acquitted of killing wife, 45 years after death

TORONTO

## 75-year-old maintained his innocence from the start

A senior citizen who spent more than half his life branded as his wife's killer finally cleared his name on Monday amid new evidence that she died of natural causes.

The Ontario Court of Appeal formally acquitted John Salmon of manslaughter in the 1970 death of Maxine Ditchfield, reversing a verdict that once sent him to prison for nearly four years.

"I'm ecstatic," Salmon said outside court. "I'm happy, I'm pleased I finally got this closure."

The former welder, now 75, was originally convicted after a jury decided he beat Ditchfield to death in a drunken rage. But Monday's court decision was based on evidence, unearthed by the Association in Defence of the Wrongly Convicted, that she died of injuries from several falls after having a stroke.

Salmon's son Randy said he hoped the acquittal would start to mend the damage done to his father, and prompt a different response from people who have shunned him for decades.

"Hopefully, now that this is done, people will show a little compassion towards him that he was wronged," Randy Salmon said. "He had to live with that for 45 years. He's free and should be free."

Salmon's ordeal began in Sep-



Margaret Salmon and husband John Salmon raise their hands in victory as they exit Osgoode Hall with their son Randy Salmon (far right). BERNARD WEIL/TORSTAR NEWS SERVICE

tember 1970 after Ditchfield fell out of her chair during a night of heavy drinking with friends in Woodstock, Ont.

Salmon told his trial that his common-law wife became in-

called a doctor after she became unresponsive. Ditchfield died in hospital the next day.

An autopsy determined she had sustained several head injuries delivered with "extreme

severe beating.

Salmon, who argued unsuccessfully he had not harmed her, maintained his innocence long after he was granted parole in 1974. He enlisted help from the advocacy group in 2000 after learning of Steven Truscott's decades-long battle to clear his name of a wrongful murder conviction.

Three pathologists the group hired to re-examine the medical evidence concluded Ditchfield's injuries weren't consistent with a beating. They found her falls had damaged one of her arteries, caused a blood clot to form and triggered a fatal stroke.

In court Monday, prosecu-

tors apologized to Salmon for what they called a miscarriage of justice.

Randy Salmon said the saga has done lasting damage that can't be redressed by the court decision. His childhood was marred by seeing the father he idolized turn into an unhappy, emotionally remote man after his prison sentence, he said.

But if Monday's decision can't address the past, he said, he hoped it would bring greater peace to his father's twilight years.

"It's going to lift that burden. He's a free man."

THE CANADIAN PRESS

**“Hopefully, now that this is done, people will show a little compassion towards him that he was wronged.”**

Randy Salmon, son of John Salmon

creasingly clumsy and fell several more times in the hours after her initial tumble. He eventually

force." Pathologist Dr. Michael Dietrich told Salmon's trial that her injuries were from a



Senator Don Meredith  
TORSTAR NEWS SERVICE

THE SENATE

## Lawyer hired by Meredith

A senator facing published allegations that he had a sexual relationship that ended earlier this year with a 16-year-old girl has hired a lawyer.

Ottawa law firm Conway Baxter Wilson LLP issued a two-sentence statement on Sunday, saying Sen. Don Meredith has retained Ottawa lawyer Colin Baxter and that he intends to respect the Senate's internal procedures.

The statement says Baxter has been retained "with respect to proceedings" of the Senate Ethics officer and a Senate committee, but does not provide further details.

Senate Speaker Leo Housakos said last week that he referred the allegations involving Meredith to the ethics officer.

Meredith quit the Conservative caucus last week after the Toronto Star reported that a woman said she had a sexual relationship with him that began shortly after she turned 16.

The woman told the Star that Meredith initially believed her to be 18, but she told him her true age within six weeks of their first meeting.

The Star report said the woman, who is now 18, had sexually explicit online chats with Meredith and that the relationship progressed to kissing and touching before she turned 18.

She said the pair had intercourse twice after she turned 18. Meredith, 50, broke off the relationship earlier this year.

The Senate is also conducting what it calls a workplace assessment.

Although there is no formal complaint against him, Senate sources have confirmed that the review is looking into allegations against Meredith of verbal abuse, bullying and sexual misconduct in the workplace.

Meredith is now sitting as an Independent.

A spokesman for the law firm did not immediately return an email requesting further comment.

THE CANADIAN PRESS

LAC-MEGANTIC

## Federal government lays new charges in train derailment

Six people on both sides of the border have been charged following a Transport Canada investigation that found an insufficient number of handbrakes were applied to the train that barrelled into Lac-Mégantic almost two years ago.

The government says in a release that the investigation under the Railway Safety Act also found the handbrakes were not tested properly.

The Public Prosecution Service of Canada says charges have been laid against both Montreal, Maine and Atlantic Canada and Montreal, Maine

and Atlantic Railway Ltd.

The six individuals charged are railway president Robert Grindrod; company executives Lynne Ellen Labonte and Kenneth Strout; train driver Thomas Harding; manager of train operations Jean Demaitre; and the company's assistant transportation director, Mike Horan.

None of the charges have been tested in court. All those charged will appear in court in Lac-Mégantic on Nov. 12.

Seven people along with the railway companies have also been charged with one count under the fisheries protection

division of the Fisheries Act for allowing oil to spill or be dumped in two fish-bearing bodies of water between July 4 and 7, 2013, following the accident.

Already, three former railway employees each face 47 counts of criminal negligence causing death. A conviction carries a maximum life sentence.

Harding, Demaitre and railway traffic controller Richard Labrie have all pleaded not guilty. Their trial is set to start Sept. 8.

THE CANADIAN PRESS

ALBERTA

## Two planes collide mid-air, killing two

Two people are dead after two small planes collided mid-air in northeastern Alberta.

Mounties say the collision happened Sunday night east of Fort McMurray.

Police say one of the planes landed safely and the lone pilot was uninjured. A medical helicopter searched for the other plane and found that it had crashed east of the city.

Police got to the crash site and confirmed the two people in the aircraft were dead.

McMurray Aviation in Fort McMurray said in a tweet that one of its training aircraft was

involved, but wouldn't give any other information.

John Cottreau, spokesman with the Transportation Safety Board of Canada, said the planes involved were a Cessna 172 and a Cessna 185. He said it was the Cessna 172 that crashed.

"Both planes are typically used as pleasure craft," Cottreau said from Hull, Que. "I know that a lot of pilots have trained on both those aircraft."

TSB investigators were on their way to the crash scene and Cottreau said they should be there by Monday afternoon.

THE CANADIAN PRESS



## IN BRIEF

**Tiny island nation legalizes gay marriage**

Pitcairn Island, home to just 48 people, has passed a law allowing same-sex marriage — but has no gay couples wanting to wed.

First settled in 1790, Pitcairn is a British Overseas Territory that has some legal autonomy and is often considered the world's smallest country by population. Islanders are descended from the mutineers of the British navy vessel *Bounty* and their Tahitian companions.

Pitcairn Deputy Governor Kevin Lynch said Monday the new law came into effect May 15 but initially wasn't published online after the island's website encountered some technical issues. He said the change was suggested by British authorities after England, Wales and Scotland legalized same-sex marriage last year. He said the law change was unanimously approved by the local council.

THE ASSOCIATED PRESS

**Gun-scuttled wedding party wants refund**

The couple whose wedding at Manhattan's famous Waldorf Astoria hotel was cut short when a guest's gun accidentally went off wants their money back.

Benjamin Brafman, a lawyer representing bride Anna Goldshmidt and her husband Elan Stratiyevsky, says they intend to sue or negotiate with the hotel for the costs of the wedding.

The couple also is considering a lawsuit against Vladimir Gotlibovsky, a guest at their wedding who accidentally fired his gun, grazing a woman in the head.

Charges against him have been deferred.

THE ASSOCIATED PRESS

## SPAIN

**Village of 'Camp Kill Jews' restores pre-Inquisition name**

The tiny Spanish village of Castrillo Matajudios — which means "Camp Kill Jews" — on Monday officially changed its name back to Castrillo Mota de Judios ("Jews' Hill Camp") following a referendum and regional government approval.

The village, with about 50 inhabitants, voted to change the name in 2014 after the mayor argued that the term was offensive and that the village should honour its Jewish origins.

Documents show the villages'

original name was "Jews' Hill Camp" and that the "Kill Jews" name dates from 1627, after a 1492 Spanish edict ordering Jews to become Catholics or flee the country. Those who remained faced the Spanish Inquisition, with many burned at the stake.

The name change was approved by the regional government of Castilla y Leon and published in the region's official gazette.

Although Jews were killed in the area, researchers believe the

village got its recent name from Jewish residents who converted to Catholicism and wanted to reinforce their repudiation of Judaism to convince Spanish authorities of their loyalty.

Others suspect the change may have come from a slip of the pen.

Although no Jews live in the village today, many residents have ancient Jewish roots and the town's official shield includes the Star of David.

THE ASSOCIATED PRESS



**Jennice Barr, 10, leaves a message on a board set up in front of the Emanuel African Methodist Episcopal Church after a mass shooting at the church killed nine people, on June 22.** JOE RAEDLE/GETTY IMAGES

**Stars and bars must go, says governor**

## SOUTH CAROLINA

**Confederate flag bipartisan target after massacre**

South Carolina's governor declared Monday that the Confederate flag should be removed from the grounds of the Statehouse, reflecting what she described as a new consensus that the slayings of nine black churchgoers mandate that the divisive symbol be taken down.

Republican Gov. Nikki Haley's about-face comes just days after

authorities charged Dylann Storm Roof, 21, with murder. The young white man appeared in photos waving Confederate flags and desecrating U.S. flags, and purportedly wrote of fomenting racial violence. Survivors told police he hurled racial insults during the attack.

"The murderer now locked up in Charleston said he hoped his actions would start a race war. We have an opportunity to show that not only was he wrong, but that just the opposite is happening," she said, flanked by Democrats and Republicans, blacks and whites who joined her call.

"My hope is that by removing a symbol that divides us, we can



**A Confederate flag flies near the South Carolina Statehouse in Columbia, S.C.**

RAINIER EHRHARDT/THE ASSOCIATED PRESS FILE

move our state forward in harmony, and we can honour the nine blessed souls who are now in Heaven," Haley said.

The Wednesday night massacre inside the Emanuel African Methodist Episcopal Church has

suddenly made removing the flag — long thought politically impossible in South Carolina — the go-to position, even for politicians who have counted on the votes of disaffected white people in Republican primaries.

Haley was flanked by U.S. Sen. Lindsey Graham, now running for president, as well as South Carolina's junior senator, Tim Scott, a black Republican, and its only black House member, Democratic Rep. Jim Clyburn. Within moments, her call was echoed by the chairman of the Republican National Committee and Senate Majority Leader Mitch McConnell.

THE ASSOCIATED PRESS

## GREECE

**Bailout deal possible**

Greece has finally offered economic reforms that creditors consider potentially acceptable, giving Prime Minister Alexis Tsipras a couple days to turn a spirit of goodwill into a deal that might keep the country from a painful exit from the euro currency.

Even though a firm deal to get Greece more loans remained elusive Monday, leaders from the 19 euro nations and the International Monetary Fund said Tsipras' new reforms plan offered the basis to break a four-month deadlock in talks.

Uncertainty over Greece has sapped confidence in global markets, particularly in Europe, and threatened the financial future of Greeks.

"I want to end this political gambling," said European Union President Donald Tusk at an emergency summit on the issue.

In its compromise proposal, Greece is offering about 8 billion euros (\$9 billion) in higher taxes and austerity measures over the next two years, a Greek government official said on condition of anonymity because the measures had not been officially announced.

Financial officials gave a tentative endorsement to Greece's proposals for spending cuts and reforms they would make in exchange for billions of euros in fresh loans. Greece needs the money urgently as it faces a June 30 debt repayment it cannot afford.

Tusk said Greece's plans, which include retirement reform and sales tax changes, "were the first real proposals in many weeks."

Leaders are now looking at a two-day European Union summit starting on Thursday in Brussels to make the final thrust in the talks and reach a deal that will keep Greece solvent.

Multiple deadlines for Greece to propose more reforms have come and gone, with the country living hand to mouth in the meantime. But French President Francois Hollande said "better to take a few days, but get to an agreement."

Since coming to power in January, the new government has refused to make more budget austerity measures, which it blames for devastating the economy. It has since softened its approach, but it remains reluctant to take all steps creditors demand.

THE ASSOCIATED PRESS

## UNITED KINGDOM

**U.S. airbase blocks exiles' return home**

Indian Ocean islanders who were forced into exile to make way for a key U.S. military base are appealing to Britain's top court in their long-running campaign to return home.

Britain evicted about 2,000 people from the tropical Chagos archipelago, a British colony, in the 1960s and 1970s so that the U.S. military could build an air base on Diego Garcia, the largest of the islands.

The eviction of the islanders from their home halfway

between Africa and Southeast Asia has long been controversial for Britain.

The strategically important Diego Garcia base has supported U.S. military operations from Vietnam to Iraq and Afghanistan. In 2008, the U.S. acknowledged it also had been used for clandestine rendition flights of terrorist suspects.

Five Supreme Court judges heard the case Monday but are likely to reserve their judgment until later. THE ASSOCIATED PRESS





Former U.S. Federal Reserve chairman Ben Bernanke.

MICHELLE SIU/THE CANADIAN PRESS/THE ASSOCIATED PRESS FILE

## U.S. FEDERAL RESERVE

## Ex-chief wants Hamilton kept on \$10 bill

Former Federal Reserve chief-turned blogger Ben Bernanke is calling for the U.S. Treasury to abandon plans to drop Alexander Hamilton from his featured spot on the \$10 bill and to dump Andrew Jackson from the \$20 instead.

Bernanke wrote Monday that he is "appalled" by Treasury Secretary Jacob Lew's plans to replace Hamilton with a woman. In a post entitled "Say it ain't so, Jack," Bernanke wrote that adding

a woman is "a fine idea, but it shouldn't come at Hamilton's expense."

He called the first treasury secretary "without doubt the best and most foresighted economic policymaker in U.S. history."

By contrast, Jackson, president from 1829 to 1837, was "a man of many unattractive qualities and a poor president." Jackson opposed attempts to establish a U.S. central bank.

The U.S. Treasury last week revealed plans to put a woman on the \$10 note, which has featured Hamilton since 1929. Candidates include Harriet Tubman, Eleanor Roosevelt and Rosa Parks. The treasury says that Hamilton wouldn't disappear from the redesigned \$10 bill and that it might print two bills, one with Hamilton.

White House spokesman Josh Earnest said the \$10 bill "is under review by the appropriate authorities for up-

graded re-design for security purposes ... And that is why the discussion is happening in the context of the \$10 bill."

On his blog, Bernanke was effusive about Hamilton, noting that he helped create the U.S. Constitution and knit 13 fractious states into a single economic unit.

Bernanke stepped down as federal chair in 2014 and is a distinguished fellow and blogger at the Brookings Institution. THE ASSOCIATED PRESS

# Affordability of homes in decline: RBC

## REAL ESTATE

## Vancouver, Toronto down, Calgary up: Q1 report

A report by RBC Economics says housing affordability continued to decline in Toronto and Vancouver, while conditions for homebuyers improved in Alberta during the first quarter of the year as lower oil prices caused the real estate market to soften.

RBC says mortgage rate cuts improved the affordability of homes in many Canadian housing markets where prices didn't accelerate too rapidly.

That offset rapid price growth in Toronto and Vancouver, leaving national affordability levels relatively flat.

RBC says demand in softer markets such as Montreal and Ottawa began to pick up.

The RBC Housing Affordability study measures the proportion of household income that is needed to service the costs of owning a home at current market values.

On a national level, RBC says affordability edged 0.3 percentage points lower for condos to 27.1 per cent, while for detached homes it declined 0.2 percentage points to 47.9 per cent.

The bank predicts that rate hikes from the central bank, which is expected to raise its trend-setting overnight interest rate next year, are likely to erode affordability.

"Exceptionally low interest rates have been a key factor keeping housing affordability levels in a largely manageable state

in recent years," Craig Wright, RBC's senior vice-president and chief economist, said in a statement.

"The knock-on effect of the anticipated rise in rates would be most visible in high-priced markets." THE CANADIAN PRESS

47.9%

RBC says the affordability of detached homes at the national level currently rests at 47.9 per cent.

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## IN BRIEF

### CBC Radio 2 ad revenue falls short of expectations

The CBC's experiment with paid advertising on CBC Radio 2 and Espace Musique raised \$1.1 million in revenue in 2014, well below the \$10 million the public broadcaster hoped. The new revenue wasn't enough to cover an \$18.2-million decline in government funding. THE CANADIAN PRESS

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## ROSEMARY WESTWOOD

metroview

### Forgiveness offers a neat, morally-elevated conclusion

Forgiveness on the scale taking place in Charleston, S.C., is incredible to watch.

At the bond hearing for racist mass killer Dylann Roof, the families of nine people he shot dead in a church had one unifying message.

"I will never be able to hold her again, but I forgive you and have mercy on your soul," said the daughter of one victim. Other mourners repeated the sentiment.

That confounded some media types, including one CNN presenter who asked the son and granddaughter

Somalia in 2008 and then tortured for 15 months, Lindhout has since preached a message of forgiveness, especially toward the young boys who guarded her.

In both cases, we, the public, are left awed and enthralled. There's an instinct to understand these people, to celebrate and even worship them a little. Our fascination with their forgiveness has a way of overwhelming the story. It offers a neat, morally-elevated conclusion to something horribly complex. It can even feel as if — in witnessing a victim forgive a heinous act — we might all be absolved.

But forgiveness is not the end of any story. And it does not save us from the ways we, too, are culpable.

We are part of societies that still breed racism, and we should be held accountable for whether we try to change that. There is suffering in other parts of the world that turns boys into torturers, and we have a responsibility to at least understand — and perhaps help alleviate — that suffering. Lindhout thought as much when she travelled to Somalia to report in 2008, and thinks so now, having established a charity there.

Forgiveness itself is beautiful. But mourners in Charleston have been speaking of it as a way forward, as a way through to something else, something better.

**Forgiveness is not the end of any story.**

of the slain pastor how they could forgive. They cited their faith, the faith of the victims, and their duty as Christians to transform an act of hatred with a response of love. It was an idea echoed on Sunday at the first mass at Emanuel African Methodist Episcopal Church since the attack, when the reverend said, "The nine families get it."

On this side of the border, another act of great forgiveness recently resurfaced when the RCMP arrested a man in connection with the kidnapping of Amanda Lindhout. Captured while working as a freelance journalist in

### THE BIG THING: FRIEND OR FOOD?

Despite a collective howl from online activists, this week's dog meat festival in Yulin, China is going ahead. A Change.org petition demanding the event's cancellation earned nearly four million signatures — to no avail. But why do most of us happily chow down on bacon, lamb or veal, but cry cruelty when man's best friend is on the table? Turns out the answer is complicated. SOURCE: BBC



**1 Cute enough to eat** The thought of 10,000 dogs being slaughtered for a summer-solstice celebration is revolting to most Westerners and many Chinese pet lovers as well — including the retired teacher who spent 7,000 yuan (\$1,400) to spare 100 dogs. But one person's crime is another's delicacy, and it all comes down to culture.

**2 A dog's life** Research suggests people believe the animals they love the most have the most complex inner lives. Dogs may not be the Einsteins of the animal kingdom (dolphins are a better candidate), but we may make assumptions about their smarts because they have special skills. Dogs are excellent at forming social bonds and reading human body language, says psychologist Thalia Gjersoe. In much of China, dogs are working animals.



**3 The 'ick' factor** It's not just about love for our four-legged friends. "To most Westerners, eating your dog is an abomination," writes Guardian science writer Kathleen Taylor. "Disgust is contagious. We catch it easily from others, and it tells us what's acceptable and what isn't."

## Expanding EPass would make transit attractive

### YOUR RIDE

Erica Butler



When the business association for downtown Columbus, Ohio, was dealing with growing parking demand, they decided to try something radical: give everyone a bus pass.

In a pilot project launched this year, employees of five businesses in downtown Columbus will get free bus passes. If the program succeeds at increasing transit use (and reducing the number of cars coming downtown daily), it could expand to everyone in the downtown business improvement district.

As radical as it sounds, the program is actually inspired by successful, similar efforts happening around North America, including Halifax.

In 2003, Halifax Transit started its UPass program,

now in place at all universities and community colleges. Students pool their resources, buy bus passes in bulk, and in turn get drastically reduced prices. For an eight-month transit pass, university students in Halifax pay about \$150, a whopping \$410 off of the regular student price. And because we're talking upwards of 20,000 passes, the economics also make sense for Halifax Transit.

UPasses are becoming de rigueur in North American university cities, and now places like Columbus, Boulder and Salt Lake City are using similar programs to get transit passes into the hands of their downtown workers.

In Halifax, we have EPass. Nowhere near as radical as Columbus's plan, EPass offers discounted annual passes to riders, saving them \$234 a year.

The cost of the 25 per

cent discount is split evenly between Halifax Transit and the companies whose employees benefit from the program. Instead of offering expensive parking spaces, goes the logic, companies can offer them a cheaper way to get to work.

The idea, ultimately, is to build ridership. In the pilot year of the program, about 10 per cent of EPasses went to new transit users, or at least to those new to daily transit travel. That's a start.

Now in its third year, about 800 people are signed up from a dozen participating companies, including large employers like Dalhousie and the city of Halifax. But considering that there are 1,800 businesses within the boundaries of the Downtown Halifax Business Commission alone, we could be doing a lot better.

Ideally, all downtown employers should be joining EPass. For a modest price,

**For a modest price, employers can offer not only a great employee benefit, but also contribute to reduced traffic and emissions.**

they can offer not only a great employee benefit, but also contribute to reduced traffic and emissions.

It's nowhere near as radical as the Columbus solution, but EPass rewards transit users and helps to make transit more attractive to those of us still not on the bus.

Let's hope more of Halifax's employers get on board.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.

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FREE TO SHARE



**PHILOSOPHER CAT**  
by Jason Logan







# Breathing easier with the flu

## RESEARCH

## Drug shows promise in fighting fatal flu symptoms

**Megan Haynes**  
For Metro | Life

Researchers from St. Michael's and Sunnybrook hospitals think they have found a way to prevent people from dying from the flu.

Between 2,000 and 8,000 people die annually as a result of complications from the virus, according to the Public Health Agency. Another 12,000 are hospitalized, says Dr. Warren Lee, the head researcher behind this study, which was recently published in the journal Scientific Reports.

Regardless of the strain of flu (be it avian, swine or other), the leading cause of death is respiratory failure, says Lee, who is also a physician in the critical care unit at Toronto's St. Michael's. When someone has the flu, tiny blood vessels in the lungs start leaking fluid, causing them to fill up, making it difficult to breathe.



**A study of this past season's flu vaccine found it was only 23 per cent effective. While doctors say the annual vaccine is still needed, new research is targeting the respiratory failure that is the leading cause of death among flu patients.** TORSTAR NEWS SERVICE

Lee says rather than try to inoculate people against the virus (of which there are scores of variations that are constantly mutating), researchers decided to target the body's response to the flu by stopping the blood vessels from leaking.

The team tested the drug Vasculotide on mice and found 80

per cent of those that received it survived whichever virus they were infected with, compared to the 100 per cent death rate for mice that didn't. Lee says Vasculotide was effective against three different types of viruses (including H1N1, the swine flu that's killed more than 400 people since 2009).

This isn't a cure for influenza, he says, but rather a way to help the body fight off the deadliest symptom, which disproportionately affects those with weaker immune systems such as children and the elderly.

This is a timely discovery



**Dr. Warren Lee, left, and Dr. Allison McGeer.** CONTRIBUTED

as a study of the 2014-15 season's flu vaccine, which protects against three or four of the most dominant strains of influenza, found it was only 23 per cent effective, says Dr.

Danuta Skowronski, epidemiology lead for influenza and emerging respiratory viruses at the BC Centre for Disease Control. In fact, one strain, the H2N3, had an effectiveness rate of zero, she adds.

There are a number of issues that plague the annual shot, says Dr. Allison McGeer, director of infectious control at Toronto's Mount Sinai Hospital. For one, the virus is constantly mutating, adapting to protect itself against potential cures.

Beyond requiring people to get inoculated each year (resulting in people opting out from getting the vaccine be-

cause of the hassle), it also means researchers are constantly having to tweak the formula. And because it changes so quickly, they don't have as much time as needed to actually study the virus, resulting in a vaccine that isn't as effective as one might hope. A "cure" for the flu — that is, one shot that protects against all strains administered every few years — is still decades away.

The shot isn't as effective in older people or those who have chronic underlying illnesses, McGeer says — and those are people who are typically most at risk for complications as a result of the flu.

None of the doctors recommended doing away with the annual vaccine. "What we need (is) more alternative treatments to the ones currently available," says Skowronski.

That's where Lee's research comes in. Though the initial test run was positive, he says it's still a ways off before the treatment is available for human patients. First, the doctors have applied for a patent on the drug, and will then start shopping around for more research funding. However, bringing a drug like Vasculotide to market is a costly endeavour and isn't likely to happen without government or private (such as a pharmaceutical company) backing. The drug likely won't be available for 10 years, he says.

In the meantime, he hopes to test the treatment on other forms of disease that cause leaky lungs, such as pneumonia.



**What we need (is) more alternative treatments to the ones currently available.**

Dr. Danuta Skowronski, epidemiology lead for influenza and emerging respiratory viruses at the BC Centre for Disease Control

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Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

**SIX@6 LAST NIGHT:**

- 6 OMI Cheerleader
- 5 Elle King Ex's & Oh's
- 4 David Guetta ft. Afrojack and Nicki Minaj Hey Mama
- 3 Jason Derulo Want To Want Me
- 2 Maroon 5 This Summer's Gonna Hurt
- 1 Taylor Swift ft. Kendrick Lamar Bad Blood



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**URBAN ETIQUETTE ELLEN VANSTONE**

Dear Ellen,  
I live with my two best-est friends and they are awesome, and we're all the same size so we share everything, so my wardrobe has tripled, which is awesome, but the problem is sometimes one of them eats all my yogurt and says she'll buy the next container, but she never does, and the other one puts clothes back with a B.O. smell on them which I don't notice till I'm out wearing the clothes myself. Advice? — D.R.

Dear D.R.,  
Just to clarify: "bestest"

## The question How do I deal with bad roommates who are also good friends?

the bad roomies, and eventually throw them out or move out yourself. But when the bad roomies are also your closest confidantes, who you gonna call?

You could choose to be open and direct: "Hey I bought the last 10 containers of yogurt — can you pick some up today?" Just be aware your roomie might

think they bought the last 10 containers — at which point you have two more choices: You can start labeling containers and keeping grocery receipts to track who's purchasing what; or you can resign yourself to being the unsung yogurt provider for as long as you both shall cohabit.

As for the smelly clothes, that's a bit more delicate. You don't want to tell your friend that he/she literally stinks. You could try the semi-direct route: "Hey, can you just throw my stuff in the laundry after you wear it?" Or, with precious items that can't go through the wash, tell both your roommates you need to place certain pieces of precious clothing in an off-limits section of your closet. They may not care, but if either one is offended, your only choices at this point are to tell your friend the uncomfortable truth, or resign yourself to taking the rap for someone else's B.O. in public — perhaps not the worst situation if it means saving a precious friendship.

Hi there!  
I am the sweet  
aroma of friendship.



© Ani Castillo

is not an actual word, which I'm sure you know, so I'm going to assume your grammatical skills are being compromised by a yogurt deficiency or debilitating B.O. fumes. You are also over-using the word "awesome."

Nevertheless, your problem is clear. You have made the mistake of living with people you actually like. If you had really loathsome roommates that you hated, you could call your best friends and complain about

**+ SUNSCREEN****Sun protection factor (SPF) confuses many consumers**

A recent American study, published June 17 in the JAMA Dermatology journal, revealed that large numbers of consumers are lost when it comes to the terminology on the bottles of sunscreen they buy, a confusion that could lead to sunburns or worse. Though most follow the basic rules of sun protection, many don't know what they are buying, according to researchers.

"They think that SPF means everything," says Dr. Roopal Kundu, a dermatologist in charge of this study. "Just because you buy SPF 100 doesn't mean you are 100 per cent protected. Staying out of the sun is the only way to guarantee 100 per cent protection." AFP

# 40%

Less than 40 per cent of participants could explain how sunscreen protects them, and 43 per cent didn't know the definition of SPF (Sun Protection Factor).

**Need advice? Email**  
Ellen at [scene@metronews.ca](mailto:scene@metronews.ca)

## Piglet Domestic Medium Hair

Eight-month-old Piglet was a little scruffy when first arriving at the shelter as a stray, but now he is a lovely, healthy and clean fellow full of love and affection. Piglet has a focused energy... focused on YOU because he displays a genuine love for people. He likes to give head butts, resting forehead to forehead while purring his whispery purr. This is a cat who will be a devoted companion, ready to bond and share his love in his new forever home. **If you have room in your heart and home for Piglet, please visit him today.**



For more information on **Piglet** and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# T-Swift spurs Apple Music policy change

**BRAND ROYALTY**

## Apple reverses royalties policy after letter from Taylor Swift

Taylor Swift has Apple changing its tune.

Hours after the pop superstar criticized the giant tech company in an open letter posted online, Apple announced Sunday that it will pay royalties to artists and record labels for music played during a free, three-month trial of its new streaming music service.

"When I woke up this morning and I saw Taylor's note that she had written, it really solidified that we needed to make a change," said Apple senior vice-president Eddy Cue in an interview with The Associated Press.

Apple had already agreed to share revenue from paid subscriptions to the new Apple Music service, which will cost \$10 a month. But Swift said she would withhold her latest album from the service because Apple wasn't planning to pay artists and labels directly for the use

of their music during the free, introductory period.

"We don't ask you for free iPhones. Please don't ask us to provide you with our music for no compensation," Swift wrote in an open letter posted Sunday on her Tumblr page, under the heading "To Apple, Love Taylor."

Apple has maintained that it negotiated revenue-sharing at rates that are slightly higher than the industry standard to compensate for the three months that it plans to offer its streaming service without charge.

"We had factored that in," Cue said Sunday. But he added, "We had been hearing from artists that this was going to be rough on them, so we are making this change."

Cue declined to say how much Apple will pay in royalties for streaming during the free trial period.

He said Apple will share 71.5 per cent of its revenue from paid subscriptions within the United States and 73 per cent from subscriptions outside the country, while other streaming services generally share about 70 per cent.

Some artists and independent

labels had worried they would miss out on opportunities to get a financial return from new music that is released during the three-month trial. Swift said she spoke out on their behalf.

Swift wasn't immediately available for comment on Apple's change of heart. But she posted a reaction on Twitter late Sunday, saying "I am elated and relieved. Thank you for your words of support today. They listened to us."

Cue wouldn't comment on whether she will now make her album 1989 available on Apple Music.

While praising Apple for developing a paid music service that will compensate artists, Swift wrote, "We know that this incredible company has the money to pay artists, writers and producers for the 3 month trial period."

The singer and songwriter has been outspoken on the issue of compensating musicians for streaming music. Last year, Swift pulled her catalogue of recordings from Spotify after complaining about its use of her music on the free, ad-supported version of its service.

THE ASSOCIATED PRESS



**SERIES PREMIERE TONIGHT 9:30**

**“MY CONTACT  
LENSES ARE  
STUCK TO MY  
EYEBALLS  
AND MY  
MASCARA’S  
ALL GONE”**

**Rose from Bamfield, BC**

# STILL STANDING

*starring* **JONNY HARRIS**



*Summer*

IN BRIEF

**Watson to replace Couples at Ashburn**

Fred Couples is out, Tom Watson is in. SportBox Entertainment Group announced Monday that World Golf Hall of Fame member Tom Watson has been named the new captain of Team World for the RBC Canada Cup at the new Ashburn Golf Club.

Former Masters champion Fred Couples had been the captain, but has pulled out due to continuing back problems.

The RBC Canada Cup, set for July 6, caps off the Web.com Tour's Nova Scotia Open, which runs July 2-5, also at the Ashburn course in Fall River. It's the only Canadian stop on the 25-stop tour.

Watson and two other PGA Tour players will take on Canadian PGA veterans, including Mike Weir and Graham DeLaet.

PHILIP CROUCHER/METRO

**ASG pack closes in on K.C.**

Some later-voting fans aren't on the Kansas City Royals' all-star bandwagon.

Detroit first baseman Miguel Cabrera has overtaken Kansas City's Eric Hosmer in the latest results of all-star fan voting, leaving seven Royals on track to start the game next month.

Major League Baseball says the record for the most starters from one team is held by the 1939 New York Yankees with six, including Joe DiMaggio.

THE ASSOCIATED PRESS

**Police: Ex-Met Hamilton killed in murder-suicide**

Darryl Hamilton, a stand-out centre fielder and a member of the New York Mets team that reached the 2000 World Series, was killed in a murder-suicide in a suburban Houston home, authorities said Monday.

Hamilton was found Sunday. An initial investigation determined Hamilton, 50, was shot several times and that a woman in the home died of a self-inflicted gunshot wound. She was identified as 44-year-old Monica Jordan. The 14-month old child of Hamilton and Jordan was found unharmed at the home and turned over to Child Protective Services.

THE ASSOCIATED PRESS



**IN OTTAWA ENGLAND SETS UP CLASH WITH CANADA**

England's Lucy Bronze goes up for a ball against Norway's Lisa-Marie Karlseng Utland during round of 16 Women's World Cup action on Monday at Lansdowne Stadium in Ottawa. The sixth-ranked Lionesses defeated No. 11 Norway 2-1 to set up a quarter-final showdown with No. 8 Canada in Vancouver on Saturday. Canada's all-time record against England is 5-6, although John Herdman's team also holds a 2-0 win over Great Britain in the quarter-finals of the London Olympics. Canada also edged England 1-0 in Hamilton in the final warmup for both teams prior to the World Cup. SEAN KILPATRICK/THE CANADIAN PRESS



# Team Canada's driving force

**WOMEN'S WORLD CUP**

## Sinclair is doing more than ever for squad: Coach

Known for her goal-scoring, Christine Sinclair turned provider in helping lift Canada to the Women's World Cup quarter-finals.

After dogged work by Allysha Chapman separated the ball from a Swiss player, Sinclair aimed a cross at Josee Belanger in the penalty box. A Swiss defender headed it away, but only as far as Rhian Wilkinson. The veteran fullback whipped a cross in and Sinclair, anticipating the ball and then outmuscling a defender, poked it to Belanger who fired a left-footed shot past goalkeeper Gaelle Thalmann for a 1-0 Canada win.

Under coach John Herdman, Sinclair is no longer at the front of the Canadian ship. She is there to float the entire boat, making everyone better.

Despite being a key cog in both Canadian victories at the tournament, the 32-year-old forward from Burnaby, B.C., has drawn criticism from some quarters for her play as the Canadian offence rattled and coughed like a rusty engine in the early going.

Too slow. Past it.

In the Canadian camp, such



**Christine Sinclair**

DARRYL DYCK/THE CANADIAN PRESS

criticism of their talisman is hers.

"That woman doesn't deserve to take stick," an emotional Herdman said after Sunday's game. "She's a world-class person, world-class player. She gives everything to this team every single game."

"Look — you put her in a different team, she'll score 20 goals. But look around at the goal-scorers at this tournament. (Sweden's Lotta) Schelin goes home without a goal, (American Abby) Wambach pokes one in. (Brazil's) Marta gets one. International football ain't easy and Sinclair's given everything, every single game."

"Off the pitch, she's doing more than she's ever done before to keep this team connected. She's the pride of our country and she's going to stay

that. And we should be proud of what that woman's putting in to this Women's World Cup for our team."

Behind the scenes, Herdman has convinced the private Sinclair to open up to her teammates — further strengthening that connection.

The Canadian women have a fierce pride in their leader, especially for her low-key style. While Sinclair dips her toe into social media only occasionally, teammates say they see her sharp sense of humour on a regular basis.

"She is so humble," said forward Jonelle Filigno. "That's what makes her so likable ... She's the best striker in the world to me." THE CANADIAN PRESS

**+ PRIZE MONEY**

In qualifying for the quarter-finals with a 1-0 win over Switzerland on Sunday, the Canadians assured themselves at least \$725,000 US. The Swiss, as one of the teams placing ninth to 16th, go home with \$500,000.

The World Cup winner collects \$2 million, with \$1.3 million going to the runner-up. The fourth-place team makes \$800,000 while the third-place country earns \$1 million.

**WORLD CUP OF HOCKEY**

## Armstrong takes Team Canada reins

The World Cup will be a whole new experience for Hockey Canada.

Doug Armstrong was named general manager of Team Canada on Monday and he said that there's advantages and challenges to the event that will be held in Toronto Sept. 17-Oct. 1, 2016.

"It's going to be exciting knowing that you're going to get healthy players with energy," said Armstrong, referring to the early fall start time. "At the Olympics you're crossing your fingers

and hoping that last game you're not losing players. That's not going to be the case now. We're going to get well-rested players."

Traditional hockey powers Canada, the Czech Republic, Finland, Russia, Sweden, and the United States will have teams, but two all-star teams will also compete. An all-European lineup of players from unrepresented countries will play, as well as a team of North American players 23 years old and younger.

THE CANADIAN PRESS

IN BRIEF

**Stoll faces felony charges**

Los Angeles Kings centre Jarret Stoll has been charged with felony cocaine possession stemming from his April 17 arrest at a Las Vegas Strip pool.

The Clark County district attorney's office charged 32-year-old Stoll on Monday with one count of possession of a controlled substance.

If convicted, the charge carries the possibility of up to four years in prison or probation if it's a first offence. THE ASSOCIATED PRESS

**DRUG REGULATIONS**

## CFL ripped by WADA for 'outdated' policy

The World Anti-Doping Agency is blasting the CFL for what it calls an "irresponsible" drug policy.

WADA director general David Howman released a statement Monday saying the CFL needs to overhaul a system that undermines drug education of amateur athletes by failing to suspend players who test positive while competing in other leagues.

"WADA believes that the CFL's anti-doping program is outdated and, quite frankly, ir-

responsible," said Howman.

The CFL/CFLPA's 2010 policy states that an initial positive test requires a player to be subjected to mandatory testing for two years, but the player is neither named publicly or suspended. A second offence results in a three-game suspension, while a third positive test means the player receives a year-long ban. The CFL has said there have been no second positive tests since the program was enacted.

THE CANADIAN PRESS



## RECIPE Watermelon Tabbouleh



### EAT LIGHT AT HOME

**Rose Reisman**  
rosereisman.com

@rosereisman

Tabbouleh is a classic Middle Eastern dish made primarily with bulgur, parsley, garlic and mint. My version adds sweet watermelon and uses less oil than the traditional dish. Serves six.

### Ready in

Prep time: 15 minutes  
Cook time: 15 minutes

### Ingredients

- 1 cup bulgur
- 1 cup water or stock
- 1 1/2 cup diced watermelon
- 1 cup diced cucumber
- 1/2 cup finely chopped red onion
- 2 green onions, thinly sliced
- 2/3 cup light feta cheese, crumbled
- 2/3 cup diced avocado
- 1/2 cup chopped fresh parsley

- 1/2 cup chopped fresh mint
- 1/4 cup freshly squeezed lemon juice
- 2 Tbsp olive oil
- 2 tsp crushed fresh garlic
- 2 tsp minced jalapeño pepper, or to taste

### Directions

1. Bring the water to a boil. Add bulgur, cover and remove from the heat and let sit for 15 minutes. Fluff with a fork, place in a serving bowl and set aside to cool.
2. Add the remaining ingredients and mix well.
3. Serve either at room temperature or chilled.

### Nutrition per serving

- Calories 206
- Carbohydrates 27 g
- Fibre 8.2 g
- Protein 8.3 g
- Fat 9 g
- Sodium 189 mg

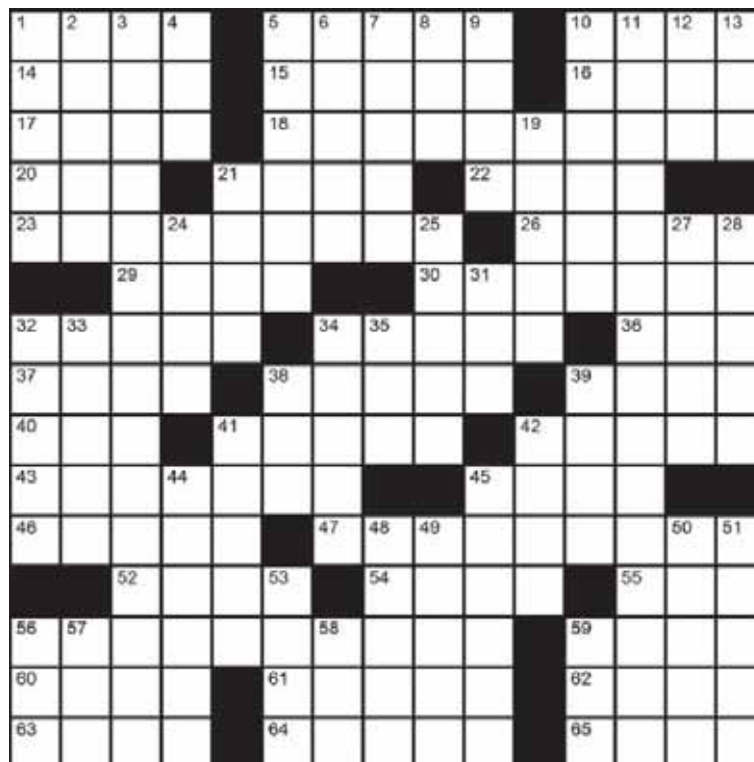
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. U.S. military plane locales, commonly
5. Blunder
10. Richard of "A Summer Place" (1959)
14. "\_\_\_ & Stitch" (2002)
15. Canadian rock producer Bob
16. Buckle site
17. Viva voce
18. Street dubbed 'Le Coeur de Montreal': 3 mots
20. "How Bizarre" group
21. Relieve
22. King
23. AstroTurf: 2 wds.
26. Vary
29. Nudge
30. It's a team's advantage in hockey: 2 wds.
32. Cloud nine
34. Equals
36. Actor Mr. Guler
37. "\_\_\_ for Life" by Iggy Pop
38. Helen Mirren and Judi Dench
39. Single-named supermodel
40. Calendar abbr.
41. Rooster's time to shine
42. "\_\_\_ Rockne, All American" (1940)
43. The \_\_\_ Bush (Mysterious attraction near Hafford, Sask. ...more at #11-Down)
45. Sulk
46. Ms. Blair
47. Mountaineering



hut on the Continental Divide: \_\_\_  
Refuge Cabin, a National Historic Site of Canada

55. \_\_\_-Tac-Toe  
56. Facial features created from joy: 2 wds.  
59. Grouping  
60. Concern  
61. Canadian TV channel  
62. Roam  
63. "\_\_\_ Around" by The Beach Boys

64. "Over the Rainbow" co-composer Harold  
65. From square one

throb" rock duo from Toronto: 3 wds.  
4. Pine-\_\_\_ (Cleaning product)  
5. Mr. Depardieu  
6. San Gabriel Valley city in California  
7. Unshackles  
8. '\_\_\_' for Flin Flon  
9. Specialized doc-

### DOWN

1. Detached in manner
2. Terra \_\_\_
3. "Dimstore Heart-

- tors, e.g.
10. Edmonton Oilers player Jordan
11. A what is believed to be the likely cause behind the bent up Aspen grove at #43-Across?: 2 wds.
12. Ms. Larter
13. Days opp.
19. Circle measurements, briefly
21. Some stars have big ones
24. Formerly
25. Farm followers
27. Plaudit
28. Meet up with fellow grads in 20 years
31. Alternatives
32. Allied groups
33. Shady money
34. Zoo attraction
35. Down Under bird
38. Expected
39. \_\_\_ to one's ears
41. Glide on ice
42. Hoda of daytime TV chat
44. Breakfast serving
45. Toxin
48. Commonplace
49. Music: Alla \_\_\_ (Cut time)
50. Meshed kitchen device
51. Nail alternative
53. Actress Jessica
56. Laboratory subj.
57. Maclean's, e.g.
58. Odd, briefly
59. \_\_\_-la-la!

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Something will happen today that makes you wonder if you have gone off in a direction you were not meant to take. However, because mind planet Mercury squares up to Neptune, planet of deception, you must not be hasty. It's still all good.

**Taurus** April 21 - May 21  
If you want to break free of certain restrictions now would be a good time to give it a go. You may not succeed at first but you will gain insights that make success more likely the next time you make the attempt.

**Gemini** May 22 - June 21  
Try not to be too over-confident today. The planets, and your ruler Mercury in particular, warn you could be in serious trouble if you gamble unwisely!

**Cancer** June 22 - July 23  
A degree of caution is called for today. You would be wise to play safe, even in situations where you feel in control. Don't let the world know too much about your plans.

**Leo** July 24 - Aug. 23  
There will be times today when it seems as if the whole world is against you but it isn't true. However, one particular person does have a bee in their bonnet about your relationship. A clear-the-air talk is needed.

**Virgo** Aug. 24 - Sept. 23  
Good news on the money front will lift your spirits today but don't celebrate too much or you could find yourself back where you started. You don't have to spend a fortune to have a good time socially, even less so romantically.

**Libra** Sept. 24 - Oct. 23  
The more certain people warn that you are heading towards disaster the more likely it is that you are heading towards success. Only you know what you are aiming for, so don't let the cynics and critics get you down.

**Scorpio** Oct. 24 - Nov. 22  
You seem to be spending a lot of time looking over your shoulder and wondering who is following you. Chances are no-one is on your case but the trouble with that sort of attitude is it almost invites bad things to happen.

**Sagittarius** Nov. 23 - Dec. 21  
You will get the red carpet treatment today but you are advised to stay modest and, where possible, keep a low profile. If you call attention to yourself you could be a target for gossip and rumour.

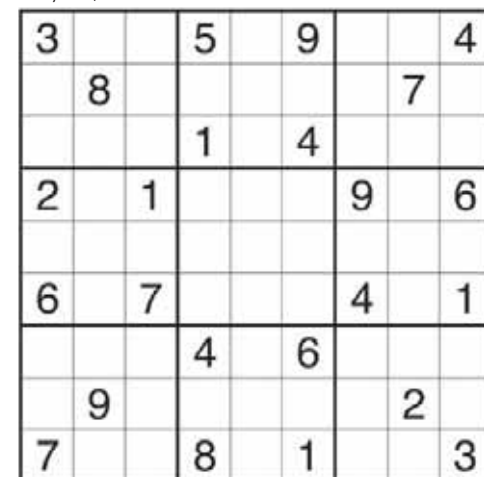
**Capricorn** Dec. 22 - Jan. 20  
You are in an optimistic mood but take care your positive outlook doesn't get the better of you and you start making promises you won't be able to keep.

**Aquarius** Jan. 21 - Feb. 19  
Because mind planet Mercury squares up to Neptune, planet of illusion, today you are strongly advised to think before you act. Do not — repeat, not — take a gamble unless you are sure it will pay off.

**Pisces** Feb. 20 - March 20  
By all means be willing to compromise but be careful you don't give in too easily and give others the impression that you can be manipulated. Negotiations will go better if you make the effort to bargain a bit, but it must be from a position of strength.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



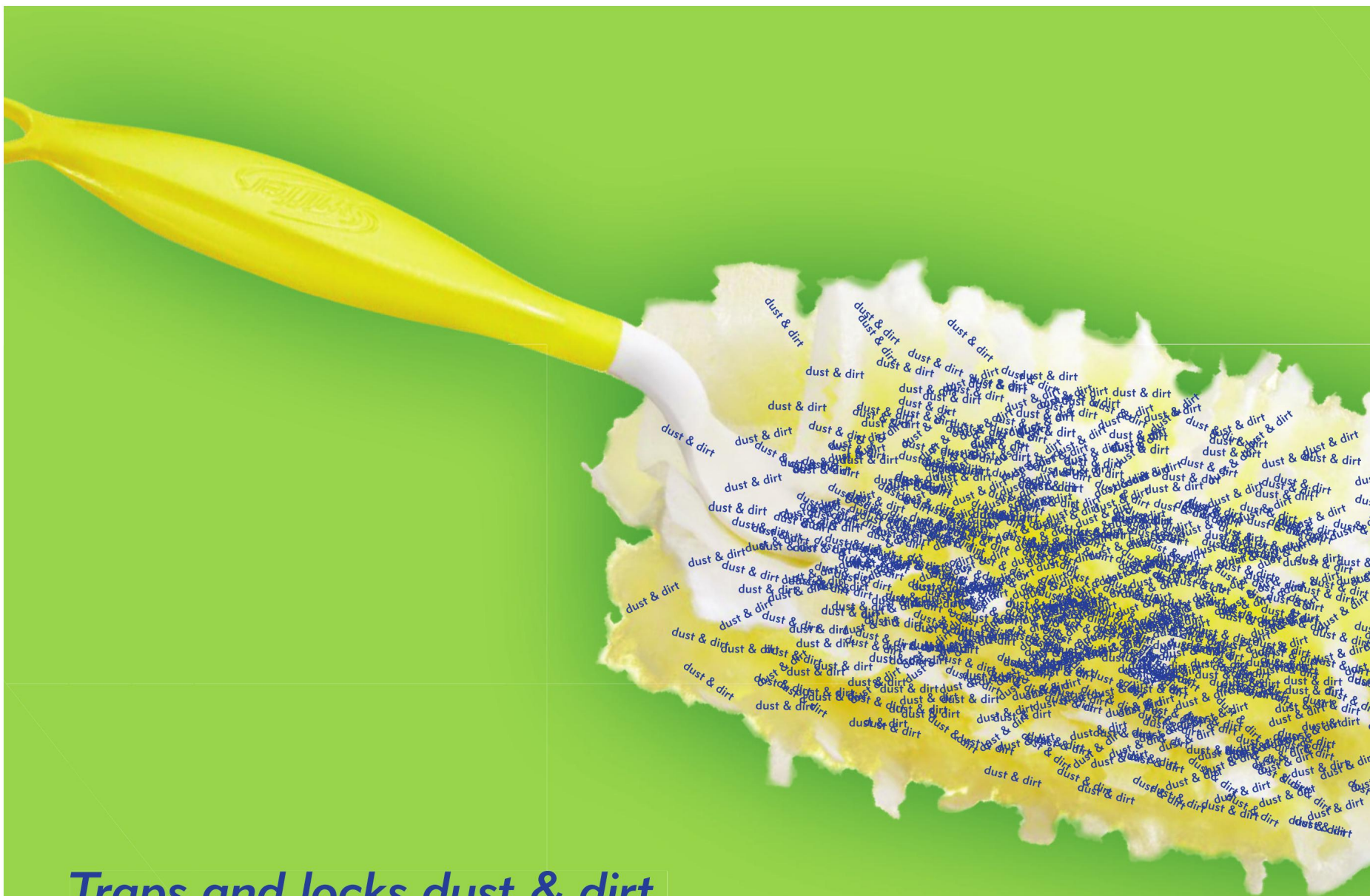
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